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ABSTRACT

The 12-session program presented in this guide can be used to help middle school and early high school girls identify negative behaviors, take responsibility for their feelings and actions, and make healthier choices for themselves. The 12 sessions are titled: (1) "Webbing: Seeing the Connections"; (2) "Books and Boxes: Shaping My Path to the Future"; (3) "In and Out: Recognizing and Honoring My Feelings"; (4) "A Collage of Images: Valuing Myself and My Individuality"; (5) "Girls and Boys: Sculpting Myself as a Woman"; (6) "Moving In and Out of Shadows: ME and My Friends"; (7) "Making Connections: ME and My Family"; (8) "Who Cares? (My Support Systems)"; (9) "Letting Off Steam: Identifying My Stress and Anger"; (10) "Clear Lines: Speaking Up for What I Don't Want"; (11) "No Way! (Feeling Good Saying No)"; and (12) "Gift Giving: Acknowledging My Special Talents." An appendix contains sample forms for the sessions. (Contains 19 references.) (SLD)

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